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HUBUNGAN POSTUR KERJA DENGAN KELUHAN MUSKULOSKELETAL DISORDERS PADA PETANI SAYUR DI DESA NGABLAK MAGELANG

ABSTRAK

Latar Belakang: Petani sayur merupakan salah satu kelompok yang cukup beresiko mengalami gangguan kesehatan yaitu penyakit akibat bekerja seperti keluhan *muskuloskeletal disorders*. Petani melakukan pekerjaan dengan postur kerja yang tidak ergonomis seperti membungkuk, jongkok, dan gerakan berulang. Berdasarkan survei awal terdapat 5 petani sayur mengalami keluhan otot skeletal ringan hingga sangat sakit yang dikarenakan postur kerja tidak ergonomis. Penelitian bertujuan untuk mengetahui hubungan postur kerja dengan keluhan *muskuloskeletal disorders* pada petani sayur di Desa Ngablak, Magelang.

Metode: Jenis penelitian adalah kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian adalah petani sayur di Desa Ngablak yang diambil menggunakan teknik purposive sampling diperoleh 40 petani sayur. Instrumen yang digunakan berupa lembar *Nordic Body Map* untuk mengukur keluhan *muskuloskeletal disorders* dan lembar *Rapid Entire Body Assessment* untuk mengukur postur kerja. Analisis data yang digunakan yaitu analisis bivariat dengan uji *pearson correlation* untuk mengetahui hubungan variabel bebas dan terikat.

Hasil: Distribusi Responden dengan postur kerja sangat tinggi dengan keluhan *muskuloskeletal disorders* sangat tinggi terdapat 8 responden (66,7%). Hasil penelitian nilai *p-value* yaitu 0,000 yang menunjukkan nilai *p-value* <0,05 terdapat hubungan antara postur kerja dengan keluhan muskuloskeletal disorders. lalu didapatkan nilai $r=0,813$ yang berarti arah hubungan sangat kuat.

Simpulan: Terdapat hubungan antara postur kerja dengan keluhan *muskuloskeletal disorders* pada petani sayur di Desa Ngablak, Magelang. Sebagian besar responden memiliki postur kerja tinggi dengan keluhan *muskuloskeletal disorders* tinggi.

Kata kunci: Postur Kerja, Keluhan *Muskuloskeletal Disorders*, Petani Sayur.

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**THE RELATIONSHIP BETWEEN WORK POSTURE AND COMPLAINTS
OF *MUSCULOSKELETAL DISORDERS* IN VEGETABLE FARMERS IN
NGABLAK VILLAGE, MAGELANG**

ABSTRACT

Background: Vegetable farmers are one of the groups that are quite at risk of experiencing health problems, namely work-related diseases such as *musculoskeletal disorders*. Farmers perform work with unergonomic working postures such as bending, squatting, and repetitive movements. Based on the initial survey, there were 5 vegetable farmers who experienced mild to very painful skeletal muscle complaints due to unergonomic work posture. The study aimed to determine the relationship between work posture and complaints of *musculoskeletal disorders* in vegetable farmers in Ngablak Village, Magelang.

Methods: The type of research was quantitative with *a cross sectional approach*. The research sample is vegetable farmers in Ngablak Village which was taken using the purposive sampling technique obtained from 40 vegetable farmers. The instruments used were in the form of *a Nordic Body Map* sheet to measure *musculoskeletal disorders* complaints and *a Rapid Entire Body Assessment* sheet to measure work posture. The data analysis used was bivariate analysis with *the Pearson correlation test* to determine the relationship between free and bound variables.

Results: The distribution of respondents with very high working posture with very high complaints of *musculoskeletal disorders* was 8 respondents (66.7%). The results of the study showed a *p-value* of 0.000 which showed a *p-value* of <0.05 there was a relationship between work posture and musculoskeletal disorders complaints. Then the value of $r=0.813$ was obtained which means that the direction of the relationship is very strong.

Conclusion: There is a relationship between work posture and complaints of *musculoskeletal disorders* in vegetable farmers in Ngablak Village, Magelang. Most of the respondents had a high working posture with high complaints of *musculoskeletal disorders*.

Keywords: Work Posture, *Musculoskeletal Disorders Complaints*, Vegetable Farmers.